

WELCOME: The Year 2024 is the 33rd Anniversary Year for the Hoosier Hikers. To celebrate the occasion, the Club is hosting an Anniversary Event in Mishawaka, Indiana, during National Volkssporting Month by offering a 5 & 12 kilometer map-guided walk event. The routes for the walk will allow Volkssporters and members of the community to experience the thrills of historic and scenic Mishawaka and Saint Joseph County along the Majestic Saint Joseph River. So, come on out to enjoy the fun.

WHAT ARE VOLKSSPORTS? A Volksmarch is a non-competitive walking event. The walk is ten kilometers or 6.2 miles in length. Other Volkssporting events include swimming, biking, and skiing. These events are hosted by clubs in more than twenty-five nations worldwide. The purpose of Volkssporting events is to encourage physical fitness, promote fellowship, and to enjoy the outdoors. Because these events are not contests of speed or endurance, you may participate at a pace that is safe, comfortable, and enjoyable. When Volkssporting events are sanctioned by the International Volkssport Verbund (IVV), individuals may receive credit for event participation and/or distance. This credit is recorded in IVV Record Books, which presently cost \$6.00 each. After completing a pre-determined number of events and/or distance, your achievement will be recognized with a pin, patch, and certificate by the IVV. Further information will be available at the start/finish point.

SPONSOR: The Hoosier Hikers (AVA Club #723) of South Bend, Indiana.

START/FINISH: The start/finish point is located in the parking area of Lincoln Park. The approximate address is 1004 Lincolnway West, Mishawaka, Indiana 46544. The specific location will be identified with Volkssporting signage and banners. You may start the walk event any time between 8:30 a.m. EDT and 11:30 a.m., and should complete your walk Event by 2:30 p.m. For the walking event you may choose either the 5 or 12 kilometer distance. The average walker may complete a ten kilometer trail in about two to 2-1/4 hours. ALL Event participants must register and execute an athletic waiver.

FEES: Everyone is welcome and may participate upon completion of registration, which is required. Registration does involve a registration fee of \$4 for participants, age 13 and above, on the day of the event. Participants, age 12 and under, may participate for free after a responsible adult completes a waiver for the child. However, the fee for the "A" award, which includes IVV Credit, is \$10.00 after the close of pre-registration. During pre-registration, the "A" Award is discounted to \$9.00. The fee for a "B" medal (an award from a prior event) with IVV credit is \$5.00, if available. The pre-registration fee for participation is \$3.00.

PROCEDURE: At the start point all participants will register, obtain a start card with a number and sign in on the register. Walk the Volksmarch route or bike the Volksbike route of your choice at your own pace. The event is not marked. Registrants will be provided with a set of written directions and a map. Along the way have your card stamped at each checkpoint. After completing the route, turn in your card at the finish point to receive your medal and/or IVV Credit, as appropriate. NOTE: ALL participants must register at the start point and return the card at the finish point.

IVV CREDIT: Participants completing this event are eligible for IVV event and distance credits.

"A" AWARD: For this event, an "A" Award will be available until the supply is extinguished. It is a multicolor embroidered patch commemorating October 2024, as National Volkssporting Month. Completion of the trail and payment of the registration fee is required to receive the award. **There will be only a limited quantity of "A" Awards available. Pre-registration is recommended. There will be no re-order of "A" Awards.**

TRAIL DESCRIPTION: The Volksmarch routes make use of the City's parks, existing trail system, primarily The River Walk, city sidewalks and local streets. The trails and sidewalks are

improved (paved) and meander through mostly flat and not heavily forested areas (not much overhead cover). The trail is rated 1-A due to minor inclines, or some steps and mostly paved paths with few obstacles. The route is of moderate difficulty for wheelchairs or strollers.

TRAIL RATING: 1-A for all Walk routes.

SPECIAL EVENT STAMPS: Walking the USA A-Z, Walking with America's Veterans and Par for the Course. Not all special program qualifiers are present on all routes.

SPECIAL NEEDS: A special needs trail will be available upon request.

REFRESHMENT: Water will be available at the start/finish and at all checkpoints. Restrooms will not be available at the Start/Finish on the day of the event, but may be available along the routes. Please plan for your personal needs accordingly.

PRE-REGISTRATION: Pre-registration for the events is not mandatory. A pre-registration form is provided on the back page. **The deadline for pre-registration is October 12, 2024,** by which date pre-registration with payment must be received.

REFUND POLICY: NO refunds given. However, if you pre-register, and the supply of available "A" Awards is extinguished, you will receive a refund of \$6 and your registration will be adjusted accordingly.

WEATHER: This event will be held rain, shine, or snow.

DISCLAIMER: The Hoosier Hikers, INVA (Indiana Volkssport Association), the City of Mishawaka, its Department of Parks & Recreation, its Board of Public Works & Safety and other agents of the City of Mishawaka are not liable for accidents, theft, or material damage. Every reasonable effort will be made to make the events safe and enjoyable. Children, who are age 12 and younger must be accompanied by a responsible adult, who will need to execute a waiver for the child. Pets may be prohibited/discouraged from some public properties along the walk routes. Please comply with designated prohibitions and clean up after your pet.

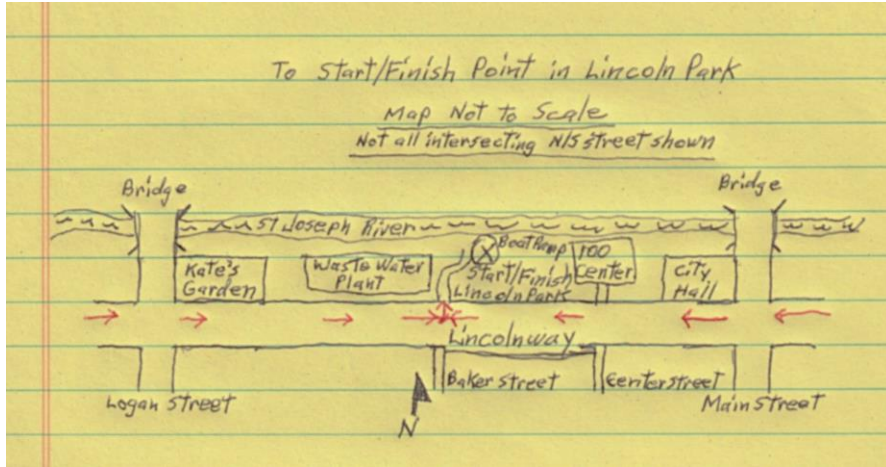
NOTE: Covid-19 Protocols may be in place and practiced as dictated by local circumstances and requirements at the time of these events.

POINT OF CONTACT: Bob Buzolich at (574) 339-9140, or via email at sonofbuzz@prodigy.net.

For information on other Volkssporting activities checkout the website for the American Volkssport Association at <http://www.ava.org>.

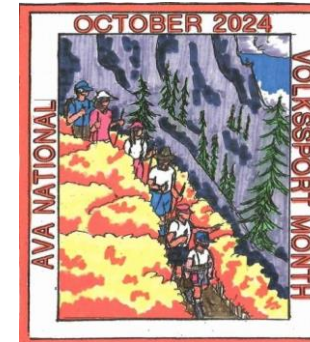
DIRECTIONS

The Start/Finish Point is located in the vicinity of the restrooms at Lincoln Park, 1004 Lincolnway West, Mishawaka, IN 46544. If traveling via US 20, take the Elm Road exit to pick up Indiana State Road 331 Northbound. If travelling via I-80/90, take Exit 83 to pick up SR 331 Southbound. At the intersection of SR 331 and Lincolnway, which is also identified as State Road 933 Turn onto Lincolnway to head in a Westerly direction through downtown Mishawaka. After passing the sign for the 100 Center, look for the Mishawaka Waste Water Treatment Plant on your right, where you will encounter a small drive (watch closely, it's easy to pass the first time), Turn Right into the drive and follow it toward the boat launch in Lincoln Park. The IVV banner will be displayed.



THE HOOSIER HIKERS INVITE YOU TO CELEBRATE NATIONAL VOLKSSPORTS MONTH

AWARD AVAILABILITY IS LIMITED



OCTOBER 19, 2024

**THE MISHAWAKA RIVER WALK
MISHAWAKA, INDIANA**

**5 & 12 KM VOLKSMARCH (WALK)
START: 8:30 A.M. TO 11:30 A.M. (EDT)**

AVA MA24/127359 (WALK)

INVA # 913

PRE-REGISTRATION FORM

NAME: _____ PHONE: _____

ADDRESS: _____

EMAIL: _____

	A-AWD W/CREDIT	ALL	CHILD 12 & UNDER
NAME: _____	\$9.00	\$3.00	FREE
NAME: _____	\$9.00	\$3.00	FREE

PLEASE MAKE CHECKS OR MONEY ORDERS PAYABLE TO THE HOOSIER HIKERS AND MAIL TO HOOSIER HIKERS, C/O ROBERT BUZOLICH, 1703 EAST HOWARD STREET, SOUTH BEND, IN 46617-1826



NO RESTROOMS AT START/FINISH